

Fluoride Varnish: Helping Smiles Stay Strong

Fluoride varnish is a new and easy way to help protect teeth against tooth decay!

Fluoride varnish:

- Is a protective coating that is painted on teeth to prevent tooth decay;
- Is safe, applied quickly, and doesn't hurt;
- Helps even if using fluoride drops, tablets, rinses, toothpaste, or drinking fluoridated water;
- Can be applied at Child Health & Disability Prevention (CHDP) health assessment visits, and other medical and dental visits;
- Works best when applied two or more times a year;
- Can be applied as soon as the first tooth comes in;
- May briefly coat teeth a slightly yellow color; brushing the next morning will return teeth to their normal color.

Here are some tips for parents after the fluoride varnish is applied to your child's teeth:

- It is ok for your child to drink water.
- Don't give foods that are hard, crunchy, or chewy for the rest of the day.
- Don't brush or floss child's teeth the rest of that day or night.
- Brush and floss your child's teeth beginning the next morning.
- Any yellowish coating will go away.

Remember:

- Baby teeth are important;
- Get a "Dental Home" for regular visits to the dentist;
- Take your child for the first dental visit by age one;
- Brush your child's teeth every morning and night with a tiny dab of fluoride toothpaste;
- Limit sugary snacks, drinks and juices.

My child's dentist is:

The phone number is:

The address is:

My next appointment is: